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COMMANDER, NAVAL SURFACE FORCE
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COMMANDER
NAVAL SURFACE FORCE ATLANTIC
1430 MITSCHER AVE
NORFOLK, VA 23551-2494

IN REPLY REFER TO

COMNAVSURFPACINST 6100.1/
COMNAVSURFLANTINST 6100.1
N01M/N02M
22 Jul 11

COMNAVSURFPAC/COMNAVSURFLANT INSTRUCTION 6100.1

Subj: FORCE HEALTH AND WELLNESS UNIT AWARD (GREEN "H")

Ref: (a) OPNAVINST 6110.1 Series
(b) COMNAVSURFORINST 6000.2 Series
(c) DODINST 6025.19 Series

Encl: (1) Green "H" Nomination and Grading Sheet

1. Purpose. To enhance battle readiness by promoting the health, fitness and mental well-being of active duty Sailors assigned to the Naval Surface Forces Atlantic Fleet and Pacific Fleet to encourage participation in health promotion activities; and to provide formal recognition to Surface Forces (SURFOR) ships that have excelled in establishing and promoting a command conducive to health promotion.

2. Cancellation. COMNAVSURFORINST 6100.1E.

3. Background. Approximately 70 percent of all premature deaths and illnesses in the United States are the result of avoidable injuries and unhealthy lifestyle habits. Key contributors in an operational setting are stress, lack of exercise, tobacco use and alcohol abuse. Positive changes in lifestyle, safety and behavior can result in better health, enhanced quality of life and improved military readiness.

4. Eligibility. All Commander, Naval Surface Forces Atlantic (CNSL) and Pacific (CNSP) commissioned afloat assets are eligible for the Force Health and Wellness Unit Award (Green "H"). Commands must be in a full or special commissioned status for a minimum of nine months of the year of the award. Waivers will not be granted for this time period.

a. CNSL/CNSP shore units are not eligible for the Force Health and Wellness Unit Award. However, these commands are

strongly encouraged to submit to the Navy and Marine Corps Public Health Center (NMCPHC) for the Health Promotion and Wellness Award per the NMCPHC Awards website:

http://www.nmcphc.med.navy.mil/healthy_living/resources_products/wellness_award/hpwellness_award.aspx as well as the Bureau of Medicine and Surgery (BUMED) Blue "H" Award, http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx.

5. Disqualifiers. Failure to obtain/maintain the following minimum criteria will preclude a ship from consideration for this award:

a. Command Physical Fitness Assessment (PFA) within periodicity and/or official command waiver documented in Physical Readiness Information Management System (PRIMS) per reference (a). PFA waivers will receive full points.

b. Medical Readiness and/or Dental Readiness Inspections within periodicity with no less than a C-2 status per reference (b). Waivers for inspections out of periodicity must be on file.

c. Individual Medical Readiness command annual average above 75 percent per reference (c).

6. Waivers

a. The Immediate Superior in Command (ISIC) or Regional Medical Representative (RMR) may recommend waivers of the specific requirements for the award and must include justification for those waivers in the nomination package to CNSL/CNSP Medical. Since these awards are designed to recognize excellence, waiver requests should be limited to very unusual circumstances.

b. Submitted waivers must specifically detail the criteria in question, provide details of incident or score and mitigating circumstances.

7. Awarding Period. The qualifying period for this award will be from 1 January to 31 December of each calendar year.

8. Action. The following procedures outline the nomination and awarding process:

a. Commanding Officer. Submit a Force Health and Wellness Unit Award (Green "H") nomination application and self-graded nomination grading sheet, enclosure (1), no later than 15 January to their respective RMR. The RMR shall review and submit packages with a recommendation to the nominee's Operational ISIC no later than 1 February for endorsement. Commands must achieve a 90 percent or higher score based on the grading criteria in enclosure (1) for receipt of the Green "H" award. Operational ISICs will forward submissions to CNSL/CNSP by 15 February.

b. Regional Medical Representatives

(1) Commander, Expeditionary Strike Group 7
(ESG 7)/Commander, Task Force 76 (CTF 76) Medical - Sasebo

(2) Medical Readiness Division Mayport (DESRON 14)
Medical - Mayport

(3) Commander, Destroyer Squadron 15 (DESRON 15)
Medical - Yokosuka

(4) Medical Readiness Division San Diego - San Diego

(5) Medical Readiness Division Norfolk - Norfolk

(6) Littoral Combat Ships Squadron (LCSRON)
Medical - San Diego

(7) Mine Countermeasure Squadron 2 (MCMRON 2)
Medical - San Diego

(8) Commander, Naval Region Middle Pacific (MIDPAC)
Medical - Pearl Harbor

(9) Commander, Destroyer Squadron 9 (DESRON 9)
Medical - Bremerton

(10) Commander, Destroyer Squadron 1 (DESRON 1)
Medical - San Diego

c. Commander, Naval Surface Forces (CNSF)

(1) Appoint a board chaired by the Force Surgeon including appropriate health and wellness promotion subject matter experts from CNSL/CNSP to evaluate all nomination applications received and recommend to the Force Commander, qualifying candidates for the Force Health and Wellness Unit Award.

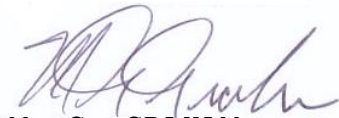
(2) Upon receipt of all award nominations and evaluation of waiver requests, CNSF Medical will promulgate a message announcing the winners.

(3) Publish a message annually providing lessons learned and notable examples for the Green "H" for the previous year.


(4) Publish nomination and grading criteria changes for the next award cycle.

9. Displaying Green "H" Award. Ships receiving the CNSF Health and Wellness Unit Award are authorized upon receipt of the award to paint a Green "H" on their bridge wing. The Green "H" shall be the same dimensions as Command Excellence Awards - 20 inches in length by 25 inches in height, no shadow. Sequential awardees are authorized to paint a green hash mark beneath the Green "H". Those commands awarded the Green "H" five consecutive times are authorized to paint a green star above the Green "H". Previous awardees who did not qualify for this year's award must remove their Green "H".

10. Review Responsibility. COMNAVSURFPAC and COMNAVSURFLANT Force Medical Officers are responsible for the annual review of this instruction.



M. G. GRAHAM
Deputy and Chief of Staff



R. I. KITCHENER
Chief of Staff

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GREEN "H" NOMINATION AND GRADING SHEET FOR CY-20__			
GREEN "H" SECTIONS	Points Available	Self Grading	ISIC Grading
SECTION ONE - Command Information.			
1. Command name:			
2. Health Promotion Committee (HPC) Coordinator:			
3. HPC Coordinator E-mail address:			
4. HPC Coordinator Phone:			
5. Total crew:			
6. Command Health Promotion instruction:	2		
Enclosure (1) is a copy of the command instruction.			
7. Health Promotions Committee:	6		
Enclosure (2) is a copy of designation letter(s) or collateral duty list identifying the following positions on the HPC: HPC Coordinator, Medical Representative, Training Officer/General Military Training (GMT) Coordinator, Command Fitness Leader (CFL), Safety Officer, Drug and Alcohol Advisor (DAPA), and Suicide Prevention Coordinator.			
8. HPC members have completed HP Program training on NKO.	2		
Enclosure (3) are copies of the NKO training certificates.			
Section Total:			
	10	0	0
SECTION TWO - Medical Readiness Inspection (MRI). (Grade of C3/4 - automatic disqualifier) C-1 - 10 points, C-2 - 8 points, C-3/4 - 0 points.			
9. Last MRI grade: C-__	10		
Enclosure (4) is a copy of the last MRI cover letter.			
Section Total:			
	10	0	0
SECTION THREE - Individual Medical Readiness (IMR). (Command annual IMR average <75% - automatic disqualifier.) >90% = 2 points, 80-89 = 1 point, 75-79 = .5 points, and <75 = 0 points per quarter.			
10. 1st quarter IMR average; _____	3		
11. 2nd quarter IMR average; _____	3		
12. 3rd quarter IMR average; _____	3		
13. 4th quarter IMR average; _____	3		
Enclosure (5) is the IMR historical report for the year.			
Section Total:			
	12	0	0
SECTION FOUR - CY Goals of Health Promotion Committee.			
14. 1st goal is:	3		
15. 2nd goal is:	3		
16. 3rd goal is:	3		
Enclosure (6) is a memorandum listing the goals, implementation method(s), and results. Note: Points will not be lost for negative results.			
Section Total:			
	9	0	0
SECTION FIVE Health Promotion Committee Meeting Minutes			
17. 1st quarter HP Committee meeting date was: _____	2		
18. 2nd quarter HP Committee meeting date was: _____	2		
19. 3rd quarter HP Committee meeting date was: _____	2		
20. 4th quarter HP Committee meeting date was: _____	2		
Enclosures (7-10) are signed minutes from each quarter. Minutes will reflect the goals and progress identified in section four.			
Section Total:			
	8	0	0

Enclosure (1)

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GREEN "H" SECTIONS	Points Available	Self Grading	ISIC Grading
SECTION SIX - Command Physical Readiness. (Command PFA out of periodicity without waiver - automatic disqualifier.) > 95% = 6 points, 90-94% = 3 points, 85-89% = 1 points			
21. Cycle 1/20__: percentage passing the PFA; _____.	6		
22. Cycle 2/20__: percentage passing the PFA; _____.	6		
Enclosures (11-12) are PRIMS Command Summary Reports for each cycle with attached memorandum(s) from CFL explaining negative trends, if applicable.			
Section Total:	12	0	0
SECTION SEVEN - Training Percentage of crew captured; =>80% of crew captured = 1 points per program, <80% of crew captured = .5 point per program.			
23. Hypertension training percentage: _____.	1		
24. Anger/Stress Management training percentage: _____. (Command GMT training required)	1		
25. Substance Abuse training percentage: _____.	1		
26. Suicide Awareness training percentage: _____. (Command GMT training required)	1		
27. Tobacco Cessation Awareness: _____.	1		
28. Sexually Transmitted Diseases and Pregnancy awareness training percentage: _____.	1		
29. Nutrition training percentage: _____.	1		
30. SAVI / Violence training percentage: _____. (Command GMT training required)	1		
31. Injury Prevention training percentage: _____. (Command GMT training required)	1		
32. Men / Women's Health training percentage: _____.	1		
33. Operational Risk Management training percentage: _____. (Command GMT training required)	1		
Enclosure (13) is a memorandum signed by command training officer documenting accomplishment.			
Section Total:	11	0	0
SECTION EIGHT - Tobacco Cessation Program.			
34. Attendance memorandum	4		
Enclosure (14) is a memorandum signed by SMDR documenting class dates, number of participants, and number of successful participants. Must show completion of training. Note: Points will not be lost for negative results.			
Section Total:	4	0	0
SECTION NINE - AWARE/ADAMS for Supervisors Training; =>90 percent of crew captured = two points, 80 percent - 89 percent of crew captured = one point.			
35. AWARE training E-1 through E-4; training percentage; _____.	2		
36. AWARE training O-1 through O-3; training percentage; _____.	2		
37. ADAMS for Supervisors E-5 and above; training percentage; _____.	2		
Enclosure (15) is a memorandum signed by command DAPA documenting accomplishment.			
Section Total:	6	0	0
SECTION TEN - NAVOSH Programs Crew Training, percentage of crew captured =>80 percent of crew captured = two points, <80 percent of crew captured = one point per program.			
38. Sight Conservation program training percentage: _____.	2		
39. Hearing Conservation program training percentage: _____.	2		
40. Heat Stress program training percentage: _____.	2		
41. Lead program training percentage: _____.	2		
42. Asbestos program training percentage: _____.	2		
Enclosure (16) is a memorandum signed by the Training Officer documenting accomplishment.			
Section Total:	10	0	0

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GREEN "H" SECTIONS	Points Available	Self Grading	ISIC Grading
SECTION ELEVEN - Health and Wellness Events; Examples are health fairs, lectures by outside specialists addressing any one of the Health Promotion training programs. Fleet and Family Service Center, Command sports day, upgrade of exercise equipment or facilities, Command PT sessions led by "guest" Fitness Specialist, Biggest Loser Weight Loss Competition, revision and improvement of programs unique to the command. (max five points). (Do NOT include Navy mandated programs.)			
43. Event #1;	1		
44. Event #2;	1		
45. Event #3;	1		
46. Event #4;	1		
47. Event #5;	1		
Enclosure (17) is a memorandum signed by the SMDR thoroughly explaining events.			
Section Total:	5	0	0
SECTION TWELVE - New Health and Wellness Goals; one point for each new goal. (Max three). Goals should be submitted to RMR for review by 01 April of the current CY.			
48. Goal #1:	1		
49. Goal #2:	1		
50. Goal #3:	1		
Enclosure (18) is a memorandum signed by the SMDR identifying each goal documenting accomplishment.			
Section Total:	3	0	0
Total points available:	100	0	0